

# MEMORIAL DAY SCHEDULE

MONDAY, MAY 25

CLUB 5:00AM - 5:00PM

TENNIS 5:30AM - 10:00PM

KIDS' CLUB/YAC 8:00AM - 1:00PM

REGULARLY SCHEDULED HOURS AND CLASSES ON THE WEEKEND

6:00-7:00 AM	Thermal Yoga60 Pop-Up	Bethana	Jade
8:30-8:45 AM	Total Body Fit	Emma	Studio 1
8:00-8:55 AM	Barre	Stephanie	Opal
9:00-9:45 AM	Rebound45	Emma	Studio 2
9:00-9:50 AM	HIIT	Geraldine	Studio 1
9:00-9:55 AM	Barre	Stephanie	Opal
9:00-10:00 AM	Shallow Water	Crystal	Indoor Pool
9:00-10:15 AM	Thermal75	John	Jade
9:30-10:30 AM	Power Ride	Barbara	Cycling
10:00-11:00 AM	Palango! Cardio	Felix	Studio 1
10:00-11:00 AM	SculptXV	Valerie	Studio 2
10:00-11:00 AM	Barre	MonicaZ	Opal
10:00-11:00 AM	Hit Fit	Soren	SGPT
10:45-11:45 AM	Functional Movement	John	Jade
11:15-11:45 AM	Stretch & Roll	Lena	Studio 2
11:30-12:30 PM	Barre	Roya	Opal
12:00-12:45 PM	LIIT	Lena	Studio 2
12:15-1:15 PM	BodyStep	Jim	Studio1
12:30-1:15 PM	Hot Mat Pilates	Kim	Jade

HEATED CLASS \$ INDICATES PAID PROGRAMMING

No Pickleball or Boxing classes will be offered this day.